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Mass shootings with young shooters
The devastating trend continues in 2013.

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Gull Life
Smoothies and art
Read about the woman responsible for the paintings on the doors of the Cool Beans Cafe.

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Sports
Ray Lewis and the Ravens win Superbowl XLVII

Looking back at the career of the legendary Ravens linebacker.

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THE FLYER

Salisbury University's student voice

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Satellite campuses expand Sea Gull family

BY JACOB TROXELL
Staff Writer

With an award of nearly \$800,000, Salisbury University has expanded its range of academic programs even farther by adding programs in social work, and interdisciplinary studies, which will be taught at higher education centers in the state of Maryland starting in the fall of 2013.

The southern Maryland Higher Education Center will become the fourth satellite-site in Maryland to offer bachelors and masters degrees in social work from SU, while the Eastern Shore Higher Education Center in Wye Mills will offer bachelor degrees in interdisciplinary studies.

"Southern Maryland welcomes the Salisbury University Social Work degrees to the Tri-County area" said Cynthia Shoemaker, University Coordinator of the Southern Maryland Education Center. "With a population of 320,000 plus and growing, the percentage of Social Workers definitely has not kept up and needs to grow even more."

Shoemaker said Southern Maryland did not have any places which offered a degree in social work until recently.

A different university offered it at Southern Maryland Higher Education Center, but their Maryland state grant was not renewed. Without SMHEC the only Social Work degrees available to the southern Maryland community were 85 miles away in Baltimore, in Western MD or on the Eastern Shore at Salisbury University.

Since SU received \$800,000 award, SMHEC will re-claim its ability to offer these degrees to their expanding community.

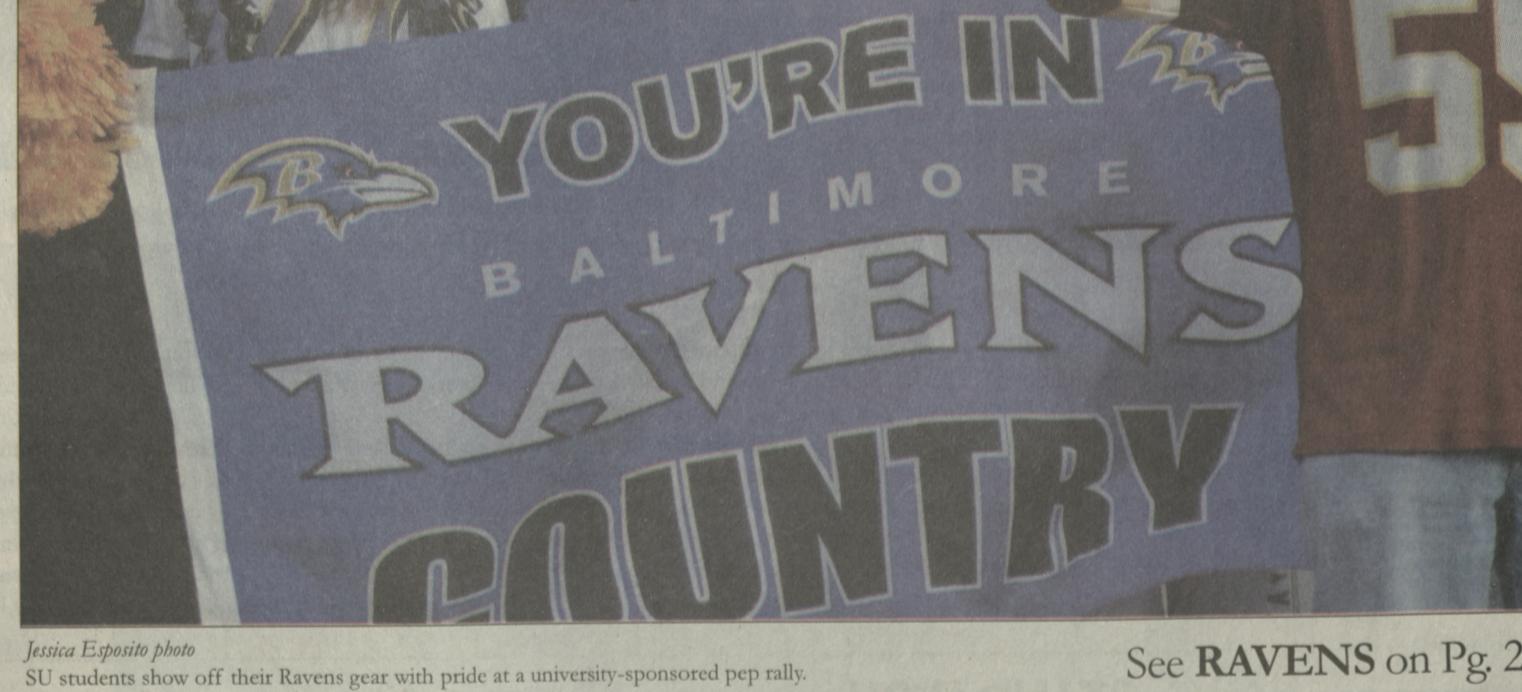
See SATELLITE on Pg. 2



Corey Nethen photo
SU community rallies for a Ravens' win outside of Holloway Hall at the Sea Gulls and Ravens Flock Together Pep Rally on Friday.

VICTORY

SU celebrates Baltimore Ravens' successful season and Super Bowl win



Jessica Esposito photo
SU students show off their Ravens gear with pride at a university-sponsored pep rally.

See RAVENS on Pg. 2

STAND4YOU program aims to prevent student suicide with new technology

BY PETE HICKS
Editor-in-Chief

Suicide is the third leading cause of death in college-aged students according to the Centers for Disease Control.

Among young adults who attend college, the percentage of death by suicide goes up along with an increase in mental health issues such as depression and anxiety. Salisbury University faculty, staff and students are faced with these problems every day and will soon be more prepared than ever to help by using the STAND4YOU program.

"It's our goal to help students, faculty and staff recognize warning signs of distress and learn about effective ways to help someone who may be at-risk," said Anisa Diab,

See STAND4YOU on Pg. 2

SUICIDE
KNOW THE FACTS

Graphic by Lindsey Swink

IS SUICIDE COMMON AMONG CHILDREN AND YOUNG PEOPLE?

In 2007, suicide was the third leading cause of death for young people ages 15 to 24. 1 of every 100,000 young people in each age group, the following number died by suicide:

- Children ages 10 to 14 — 0.9 per 100,000
- Adolescents ages 15 to 19 — 6.9 per 100,000
- Young adults ages 20 to 24 — 12.7 per 100,000

As in the general population, young people were much more likely to use firearms, suffocation, and poisoning than other methods of suicide, overall. However, while adolescents and young adults were more likely to use firearms than suffocation, children were dramatically more likely to use suffocation. There were also gender differences in suicide among young people, as follows:

- Nearly five times as many males as females ages 15 to 19 died by suicide
- Just under six times as many males as females ages 20 to 24 died by suicide

ARE OLDER ADULTS AT RISK?

Older Americans are disproportionately likely to die by suicide.

- Of every 100,000 people ages 65 and older, 14.3 died by suicide in 2007. This figure is higher than the national average of 11.3 suicides per 100,000 people in the general population
- Non-Hispanic white men age 85 or older had an even higher rate, with 47 suicide deaths per 100,000

RAVENS

BY COREY NETHEN
Staff Writer

When some people see 52, 81, 27, 55 or 20, they see nothing more than simple digits. For Baltimore Ravens' fans, these numbers mean everything, and they don't need stadium lights to see that their team is doing their best on the field.

The Ravens' 2012 season was no walk in the park. The team faced a multitude of challenges, both on and off the field, before defeating rookie QB Colin Kaepernick and the San Francisco 49ers during Super Bowl XLVII Sunday night in New Orleans.

Baltimore lost multiple key players throughout the season, including Ray Lewis, Terrell Suggs, Lardarius Webb, Marhsal Yanda and Haloti Ngata.

Wide receiver Torrey Smith played his heart out during a victory against the Patriots, hours after losing his younger brother in a motorcycle accident.

The staff also made the risky move to replace their offensive coordinator, Cam Cameron, three games before the end of the regular season.

After facing three crushing, personal losses in a row, the Ravens stuck to their guns and came rising out of the ashes with their fans right behind them.

Baltimore held their composure and won all three postseason games leading up to the Super Bowl.

"After the win during our double-overtime game against the Denver Broncos, I was positive we were going to the Super Bowl," said Nicolas Sutton, Salisbury University junior. "It was like seeing a new Baltimore Ravens after watching them play like that. We were unstoppable."

Though QB Joe Flacco may have caught some unwanted media attention after his display of "Flaccoing," or the act of lying face down in the turf motionless, he made his opponents eat their words in the end.

During the AFC Championship game against New England, Flacco outplayed hotshot QB Tom Brady scoring three touchdowns with no interceptions. At the end of Sunday's game, Flacco was named Superbowl MVP, backing up his claim of being an "elite" QB.

While the SU student body includes a variety of fans rooting for different teams, the Sea Gulls found their own way to celebrate the big game.

"I plan on staying in Federal Hill and hitting the crazy streets of Baltimore," said Lani Warsaw, SU senior. "I'm rooting for the Ravens, of course. We are no longer the underdogs."

The glory of watching a favorite team earn a Super Bowl trophy can be very personal. For some students it's enough for them to show a temporary change of heart.

"I'm a big Steelers' fan, but I'll be supporting the Ravens during the Bowl," said Vicki Mason, freshman.

"The 49ers have won five times, and

they win this year, they would tie with Pittsburgh for the most wins."

The campus showed its pride for the team on Friday during the Sea Gulls and Ravens Flock Together Pep Rally in the Great Room of Holloway Hall. A crowd of spirited students and faculty wore their favorite jerseys and outshouted one another for shirts and other team gear. One student even showed the crowd his best imitation of Ray Lewis' famous pre-game dance moves.

The fans later heard their roller-coaster of a season put to song as they listened to the Robins family perform their viral Ravens parodies that have been a recent hit on YouTube.

"It was really just something we did for fun. Then all of a sudden I wake up to a tweet from ESPN and 100,000 YouTube views," said Matt Robins, SU alumnus.

Matt and his wife, Sarah, began dating after playing music together in a friend's basement in Salisbury. Matt's father, Stan, also performed with the two and spent time in the 70s performing in his band, Picnic. Years later, Robins found out that Ravens' owner and SU alumnus Steve Bisciotti was a huge fan of the band and had seen them on multiple occasions.

On Sunday, Student Activities welcomed students back with a Super Bowl Party in Fireside Lounge with an assortment of free food and a big-screen TV.

While some students enjoyed the game from the comfort of their own couches, others took a much different approach: lighting them on fire.

After the Ravens' victory, a group of students set a couch ablaze in the "New-New Zoo" area of the Cedar Crossing townhouses on Onley Road. A witness and resident reported that the local fire department responded to the scene.

"There were about 50 kids throwing bottles and screaming," said Joey Magnolia, sophomore. "It was like a mini-riot."

The nail-biting win was something that had Ravens' fans in a flurry of emotion, which they expressed in many ways, whether it be stomping, tearing up, hugging a nearby Redskins fan or committing arson.

The game had a slew of memorable moments: the bizarre power outage, the safety the Ravens strategically gave away during the last 12 seconds, Jacoby Jones' 108-yard kickoff return touchdown and that fake field goal attempt by rookie star Justin Tucker.

Over the next seven months, Baltimore will anticipate the return of the team that continues to prove the trash-talkers wrong. The city and its fans said goodbye to legend Ray Lewis as he played his final game for the NFL, but the impact of his inspirational and spiritual words is something that will never retire.

"I'm a big Steelers' fan, but I'll be supporting the Ravens during the Bowl," said Vicki Mason, freshman.

"The 49ers have won five times, and



Cory Nethen photo
SU alumnus Matt Robins, his wife, Sarah, and father, Stan, pose with Sammy the Sea Gull after performing at the Ravens Pep Rally on Friday.



Cory Nethen photo
The Robins family perform a song about the difficult season had by the Ravens which has gone viral on YouTube.



Jessica Esposito photo
SU provided Ravens-themed treats for students during Friday's pep rally.

SATELLITE

"The social work department has been responding to an identified need for students to earn degrees without having to relocate from their home communities" said Deborah Mathews, department chair at SU.

With this new degree being offered at SMHEC, people in the southern Maryland community will no longer need to relocate to earn a degree in social work.

The Eastern Shore Higher Education Center in Wye Mills offers seven SU programs with the addition of the bachelor's de-

gree in interdisciplinary studies. This also gives people in the Eastern shore and Talbot County community the opportunity to earn a degree without relocating.

"The University System of Maryland supports state and national goals of having 55 percent of the population attain degrees, and these programs will enable SU to provide excellent academic experiences to more people statewide" said Melanie Perreault, who is SU's associate provost.

The social work degree at SMHEC is supported by a 432,000

startup grant from the USM, while the interdisciplinary studies degree is supported by a 357,000 USM startup grant.

"This offers a great opportunity to be creative about course delivery," said Maarten Pereboom, dean of the Fulton School of Liberal Arts. "Technology can improve undergraduate education, and this program allows us to provide courses through a variety of means, and with a continued emphasis on mentoring, face-to-face instruction and academic community, which people seek in quality higher education."

broader-based, campus-wide public health approach."

The "Let's Talk" program will allow students to reach out to someone and receive counseling outside of the counseling center. Those who are intimidated or nervous about going to the counseling center on campus can relax at a Cool Beans while still getting to speak with a certified counselor.

There will also be a series of awareness campaigns designed to educate students on different facets of mental health and wellness. Discussions and workshops will also be held to offer follow-up training and give further instructions to those who completed the online training program.

All of this work is being done in an effort to remove the negative stigma associated with mental health issues and increase the number of students willing to come to the counseling center. While traffic in and out of the center has increased in recent years, there is always room to grow.

"We would expect more students to be coming to the counseling center as a result of the training," Scott said. "Counseling does help; we just need students to get here."

Data will be collected on the results of the training to gauge how successful the program is, but any level of improvement is worth the effort when it comes to saving the lives of SU students.

"Just take the time to come in, and you'll find yourself very supported by the staff," Scott said. "Taking steps to make changes in your life when things aren't going how you want them to takes courage and is a really positive thing."

The STAND4YOU program kick-off event on Feb. 7 will help students make positive changes in their lives at SU for years to come.

STAND4YOU

Program Coordinator of STAND4YOU. "Members of Salisbury University all have an important role to play in being a resource to students who are in distress."

The program, federally funded through the Garrett Lee Smith act, will provide many new tools to the campus community in the coming months.

A new interactive training program known as "At Risk" powered by Kognitivo is designed to train people to recognize the signs of mental distress and practice how to reach out to those in need.

Using avatars to recreate common social situations the program helps its users to "learn to use open-ended questions, reflective listening and other motivational interviewing techniques to effectively broach the topic of their distress, discuss their concern and avoid common pitfalls," according to their website.

The program supplies users with options and provides feedback while they work through the steps of helping someone who might be at risk of having a psychological problem.

"STAND4YOU is the first mental health promotion and suicide prevention program offered at SU that is focused on training students, faculty and staff in how to intervene in helping at-risk students," Diab said.

The software was tested at universities across the country and is proven to be effective, but the "At Risk" software is only a part of the SU specific STAND4YOU program.

STAND4YOU is a title created by SU student Dillan Taylor, who became involved in the contest after experiencing the tragedy of suicide in his hometown community. Winning an Ipad for his efforts, Taylor was thrilled to be able to help the program grow.

STAND4YOU also includes a new outreach program called "Let's Talk," a series of follow up discussions and an awareness campaign.

"This is adding a lot to what was already done by the counseling center," said Kathleen Scott, Director of the SU Counseling Center. "This is a

AFRICAN-AMERICAN HISTORY DINNER

BISTRO & TALBOT ROOM (4:30-7:30 p.m.)

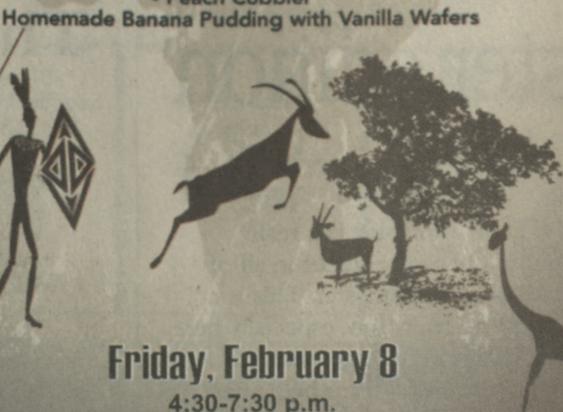
- Deep Fried Catfish • BBQ Ribs (served)
- Fried Chicken • Macaroni & Cheese
- Potato Salad • Black Eyed Peas
- Pigs Feet • Corn Bread • Chitterlings (served)

ROASTERY (4:30-7:30 p.m.)

- Southern Fried Chicken • Chitterlings
- Mashed Potatoes with Gravy
- Collards with Ham Hocks

FOR DESERT

- Sweet Potato Biscuits • Sweet Potato Pie
- Peach Cobbler
- Homemade Banana Pudding with Vanilla Wafers



Friday, February 8

4:30-7:30 p.m.

In The Bistro, Talbot Room & At The Roastery

With entertainment by:

Bernard Sweetney (5-7 p.m.)

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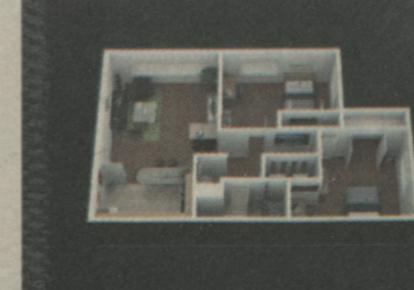
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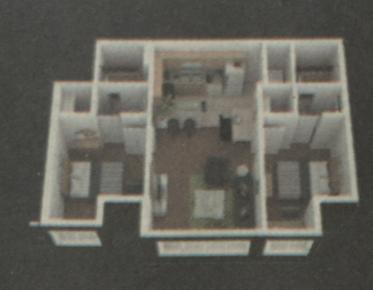
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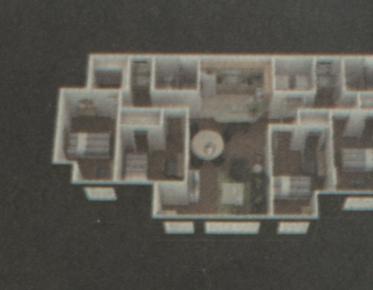
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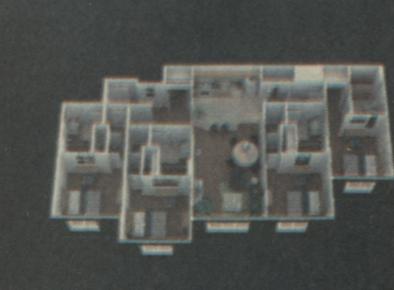
2 Bedroom / 1Bathroom



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4 Bedroom / 2 Bathroom



4 Bedroom / 4 Bathroom

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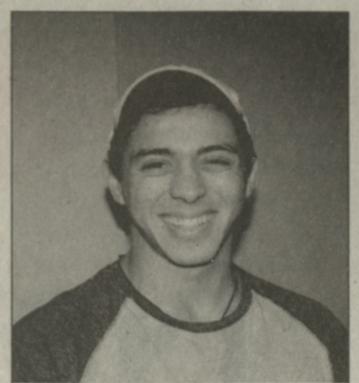
EDITORIAL

Overheard: What was your reaction to the Ravens' win?



"It was awesome! They deserved it! They're my team, man!"

-Erin Lange, Junior



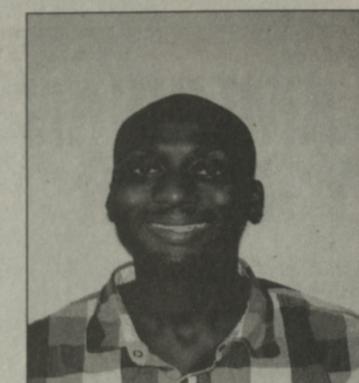
"I'm not a Ravens fan but it was a great victory for Ray Lewis and for Maryland."

-Dan McDonald, Junior



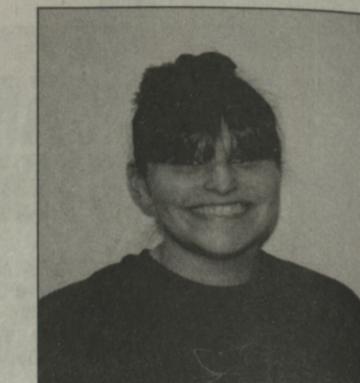
"I was pissed. I'm a Steelers fan and now I'll have to deal with everyone gloating."

-Sara Dragan, Freshman



"I was in complete euphoria. I don't think I could have been happier."

-Sadiq Sola-Rufa, Senior



"I thought 'My mom is probably throwing a fit at home, I'm glad I'm not there.' We're Steelers fans."

-Michaela Hatlee, Freshman

Back to school tips: Spring semester edition



BY
TYLER
GRAY
Staff Writer

Doesn't it feel like yesterday when we were panicking about finals

to better succeed is to try to stay as organized as possible. If you know what you're supposed to do, and when you're supposed to do it, it's a lot easier to get your workload taken care of.

There are many ways you can do this, such as keeping a daily planner, making a schedule on your computer or even something as simple as setting reminders on your phone's calendar for all big assignments or events. A lot of students don't appreciate organization and think they can just "remember" everything they need to do for class.

Most of the time, this is not the case. Organizing your schedule can be the difference between an A and a C.

Set aside time to study. Last semester, whether you were a freshman, sophomore, junior or senior, you probably chose a few times to go hang out with your friends instead of studying for an important test the next day or went out with friends and told yourself that when you got home you'd write that essay.

Who knows, a life-long best friend may only be a scavenger hunt away.

This is a new semester, and it's time for a fresh start. Make this a better semester, and change your whole attitude about school for the better. Remember, this is the best time to really discover who we all are, and this is the perfect place to do so.

Well, in all probability, the test probably didn't go very well and that essay probably

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SU grad explores career in spirit world

"They can hear us call on them. They are here when you pray, whether it is a past relative or friend."

BY DYLAN CRAIG
Staff Writer

Sarah Martucci began having experiences with the spirit world at five years old. However, she kept quiet about her ability throughout her youth.

"I was really scared when it first started to happen," said Martucci, a recent Salisbury University alumna. "I didn't talk about it much. Even at Salisbury when I did put it out there, it wasn't too huge."

Martucci said she has only recently felt comfortable opening up about her life as a medium for spirits. She currently runs a website called "Miralnvenietis" through Etsy.com and plans to open up a shop in Frederick, Md.

When channeling spirits, Martucci says she may see apparitions or have a strong sense of their energy. She will then help the family or other participants connect and communicate with the spirit.

"They can hear us call on them," Martucci said. "They are here when you pray, whether it is a past relative or friend."

Clemi Susan Bateman said she approached Martucci expecting a generic answer but was brought to tears by a specific message from her deceased mother.

"She was never acquainted with my mother or any other member of my family," Bateman said. "She does not know my friends. There is no possible way she could have known about the things she told me."

Another client, Lindsey Rapp said she approached Martucci dubiously but was astonished at the detail Martucci was able to pull from just the one simple question she had given her.

"What started out for me as, 'Well, let's just see' turned into me telling others, 'Lisa-

ten to this! I can't believe this,'" Rapp said. "Her reading was so in tune with what was happening without her knowing many details."

Martucci said she believes that everyone has the psychic ability; some are just more attuned to it than others.

"It is just like laying bricks; everyone can do it," she said. "One person may just be more naturally inclined, while others have to work at it."

Martucci said she has seen two different types of spirits: the ones who have passed and the ones stuck on earth. She said the most depressing encounters are with those who do not yet realize they are dead.

"Many ask for you to pray for them," she said. "I do not completely understand why, but it seems to set them free in a way. They also may be on earth to finish something, or because they are afraid to pass over and face judgment."

Martucci said Hollywood psychic films such as "The Sixth Sense" and "The Shining," which exploit the subject to evoke a sense of fear and wonder in the audience, actually sometimes get it right.

"I'll watch a movie and say 'no, that's not how it happens,' but then the next day I will have a very similar experience," she said. "I never stop learning. Tomorrow I might learn something new. It is a truly wonderful experience."

She said her ability has helped her form lifelong values; she now fully embraces who she is and dismisses the judgments of others.

"It is really important to be true to yourself," Martucci said. "You should always do what makes you happy, despite what others may think. Don't hide who you are."



Photo courtesy of Sarah Martucci
Former SU student Sarah Martucci runs her own business on Etsy.com where she reads customers' futures.



Photo courtesy of Sarah Martucci
Martucci conducts her psychic readings primarily through oracle card readings.

Dining Review

BY RACHEL THURMAN
Staff Writer

Red Door Sub Shop promises fresh bread, fresh wings and an overall quality experience, but when I called in my order and the employee answered the phone curiously I began to expect the worst.

At one point I could not understand what she was saying and she responded by yelling at me.

However, as I walked in I was impressed by the restaurant's attractive appearance. I was surprised by all the red and white covering the restaurant. It was bright other than the faded tiles covering the floor, which may have been here since the restaurant opened decades ago.

As I looked up I noticed the sign that stated Red Door Sub Shop was rated the best sub shop on the Eastern Shore in 2012 by the

Metropolitan magazine.

Red Door had a few things I wasn't expecting, such as a cooler filled with homemade desserts and cheerwine, a mix of Dr. Pepper and cherry Coke.

The restaurant was pretty empty besides the people waiting for their carryout orders. The phone was constantly ringing with a new order, so I had to wait a while until my order was ready.

I had a hard time choosing what I wanted to try so I went with a football theme because of Sunday's big game: 10 boneless mild wings and a buffalo chicken pizza with a side of boardwalk fries. It was not the healthiest option on the menu, but everything at Red Door is trans fat-free.

I was pleasantly surprised with everything



Rachel Thurman photo
Red Door Sub Shop is located at 800 S. Salisbury Blvd. Salisbury, Md. 21801

except the french fries. The pizza was filled with buffalo-flavored sauce and spicy-flavored chicken on a thick crust. I ordered the buffalo wings mild, and they tasted flavorful as well. However, the french fries were average. I was expecting the fries to be a bit crispier, but they tasted plain and even a little soggy.

My bill was about \$20 for all three items. Although the service was somewhat unsatisfactory, the food was definitely worth it. My top recommendation is the buffalo chicken pizza.

Food: American
Price: \$5-10
Gull Card: Yes
4/5 stars

SU students 'plunge' for charity

BY ALEX ROULAC
Staff Writer

A group of Salisbury University students took a quick dip into the Chesapeake Bay for the 17th Annual Maryland State Police Polar Bear Plunge last month, where participants raised nearly \$2 million for the Special Olympics Maryland.

Special Olympics Maryland is the state's largest sports organization for children and adults with disabilities.

SU senior Eric Scott Russell, who teamed up students Reed DeLisle, Robert Ackerman, Kevin Platt and Carolyn Zimmerman, said he was encouraged to join by his father, who works for the Maryland Police as a Medevac helicopter pilot. The small group, dubbed "To Boldly Plunge," raised over \$300 for the cause.

Ackerman, a Baltimore native, said he always had an interest in participating in the plunge.

"I jumped at the opportunity to finally go," he said. "It's obviously a great cause, and I feel blessed to have done a small part."

Zimmerman, who has volunteered for the Holy Community in Salisbury, said the cause was very important to her.

"I thought it would be a lot of fun and also a good way to give back to the community for the Maryland Special

Olympics," Zimmerman said.

Although he said it was a rewarding experience, Ackerman was thrilled to escape the chilly bay.

"The walk back to the heating tent was terrible as none of our group decided to wear shoes so the cold sand felt like glass," he said.

The group said they hope other students will take the plunge in the future.

"A little selflessness goes a long way," Russell said. "Plus, there are a lot of cool events for those who need some incentive."

Zimmerman added that there were Ravens-related activities going on throughout the day including appearances by the Ravens cheerleaders and marching band. There was also a costume contest, a pee-wee and family plunge, and other performances that entertained participants during the event.

"It's a great cause and a great bonding experience to do with friends," Ackerman said.

"Also, who doesn't want to tell their future kids, 'I jumped in a bay in the middle of winter?' That's just awesome!"



Submitted photo
A group of SU students raised over \$300 for Special Olympics Maryland at the Polar Bear Plunge last month.

Netflix picks: "The Secret of Kells"

BY ASHA AZARIAH-KRIBBS
Staff Writer

From "Harry Potter" to "The Avengers" and "The Hobbit," medieval art and legend have proved an intrinsic part of the modern imagination.

It is this enduring quality, art and beauty preserved in spite of time's corrosive memory and historical hardship that in some ways captures the essence of the 2009 animated film, "The Secret of Kells."

Set in the turbulent eighth century, "Kells" depicts the life of the young, artistically-inclined Brendan (Ewan McGregor) and the imagined role he plays in the creation of the Book of Kells.

When the famed illuminator Brother Aiden of Iona arrives at the abbey seeking refuge from Viking raiders, his talent with pen and ink inspires Brendan to follow in his footsteps.

His desire to help Aiden is a source of conflict between the boy and his uncle, the stern if well-intentioned Abbot Cellach (Brendan Gleeson) of the Abbey of Kells. It is also the catalyst to a fascinating adventure.

"The Secret of Kells" is a celebration of medieval illuminated texts. "Illuminated" means that the text is embellished by rich illustrations and designs. The film itself derives much of its artistic inspiration from this singular and intricate style that illuminated manuscripts are known for. In setting a scene, the trees will form angles reminiscent of Celtic patterns. Even building interiors are framed in such a way that the viewer is reminded of the meticulous art style used by medieval monks.

Bruno Coulais' soundtrack adds brilliantly to the film's charm and sense of mystery. Christen Mooney's "Aisling Song" is a haunting tune sung by a supernatural forest being that repeats itself easily and not unpleasantly in memory.

Another interesting aspect of the film is its melding of Christianity and paganism, a peculiarity sometimes found in early medieval Christian texts. While Brendan is a Christian monk and his purpose is inspired by the Church and a desire to illustrate Gospel texts, his quests often involve spirits and nightmarish monsters found in the pagan tradition, such as the serpent-monster Crom Cruach.

For anyone who enjoys medieval history and art with a little spice, flare and imaginative embellishment thrown in, "The Secret of Kells" is the perfect film for a lunch break or a free evening.

Art and coffee: The artist behind the Cool Beans door paintings

BY ASHA AZARIAH-KRIBBS
Staff Writer

From Tim Burton at Halloween, to Christmas-themed "Family Guy" characters, to hearts and furry-faced romance with Valentines Day, the doors of the Cool Beans Cafe are the canvas for light-hearted decoration certain to turn students' heads.

However, few students know of the artist behind these colorful creations. Salisbury native Crystal Ruark, who paints both the images on the windows as well as the art on the cafe's walls, said she has studied art since high school.

She currently works as a food service supervisor for Salisbury University's dining services. However, Ruark said her true passion lies in art.

"I've always enjoyed drawing, but art has always been a stress reliever for me," she said.

Ruark said her preferred mediums are pen and ink. The Cool Beans doors, however, require a colorful use of acrylic paint.

Ruark said she loves art's ability to create "something from nothing." She said she never expects anything when beginning a piece, but that perseverance and dedication pay off in the end and that result is worth the effort. However, Ruark said she doesn't really have a single inspiration for her art.

"I see something that looks unique and I have a desire to recreate it," she said.

Ruark said her Cool Beans paintings, which can take from eight hours to several days to create, often come from student suggestions.

"Most of the time I ask what they want to see on the door and I find an image that corresponds," she said.

Salisbury University student Steph Watson said she often admires the new paintings throughout the semester.

"I really like it - it's really cute," she said. "I like that they change it every month."

Watson said her favorite design was the "Nightmare Before Christmas" painting last October, noting that the loves the film.



Photo by Steven Cennane
Ruark painted the animated characters from "Family Guy" last December.

Ruark was accepted to SU in 2000 but was unable to attend due to financial reasons. She said she hopes to eventually return to school to pursue a business or accounting degree.

For now, Ruark is working on establishing herself as an artist. She has recently created a website called "Crazed Aphrodite Creations," where she accepts commissions for art and features her own ideas.



Photo by Amanda Biederman
This month's Cool Beans paintings feature classic cartoon romances in celebration of Valentine's Day.

SPORTS

Volume 42 Issue 1

Ray Lewis: The Final Stretch

BY DAVID CABRERA
Staff Writer

Baltimore Ravens linebacker Ray Lewis' retirement at the end of Super Bowl XLVII concludes a football career that has been filled with numerous accolades.

Defensive Rookie of the Year, 7-time first team All-Pro selections, 13 Pro-Bowl selections, 2000s All-Decade Team selection, 2005 Madden NFL Cover Athlete, 2-time Defensive Player of the Year, first player ever with 40 career sacks and 30 career interceptions and Super Bowl MVP and 2-time Champion.

Despite these career successes, Lewis had many obstacles to overcome, even early on in his life.

Ray Anthony Lewis Jr. was born in Bartow, Fla. on May 15, 1975, and from that day on was raised by a single mother after his father chose not to be a part of his life. Despite becoming a tough childhood, Lewis grew up to become a high school All-State football player and wrestler at Kathleen High School (Lake Wales, Fla.). He then went on to play football at the University of Miami (Fla.). Oddly enough, his oldest son, Ray Lewis III, committed to play at Miami for the upcoming 2013 season.

Lewis played at Miami for three years (1993-1995), making an immediate impact his freshman year as he was named to the All-Big East Freshman Team. The next two years he was named to the NCAC First-Team All American team. In his junior year and last year at Miami he was a finalist for the Butkus Award, given yearly to the best college linebacker in the country.

Deciding to forgo his senior season, he entered the 1996 NFL Draft where he was selected with the 26th pick by the newly founded Baltimore Ravens.

Needless to say, Lewis made a name for himself immediately, winning the 1996 NFL Defensive Rookie of the Year Award. He went on to lead the team in tackles in his first four years in the league.

The 1999-2000 season was a memorable one for Lewis as he won the Defensive Player of the Year award and led the Ravens all the way to the franchise's first Super Bowl championship, becoming the second defensive player ever to win Super Bowl MVP.

Then, a major bump in the road ensued. At a Super Bowl party to celebrate his victory in Atlanta there was mace outside of a club which resulted in a double homicide with Lewis as a murder suspect. Thankfully for Lewis, he got the charges reduced to obstruction of justice and was fined \$250,000 by the NFL.

Even though it is widely reported that he was at the wrong place at the wrong time during those murders, even 13 years later, there are still critics out there who paint him as a bad guy. This past week, New England Patriots wide receiver Wes Welker's wife posted comments on Facebook that pointed out that Lewis has had six kids by four different

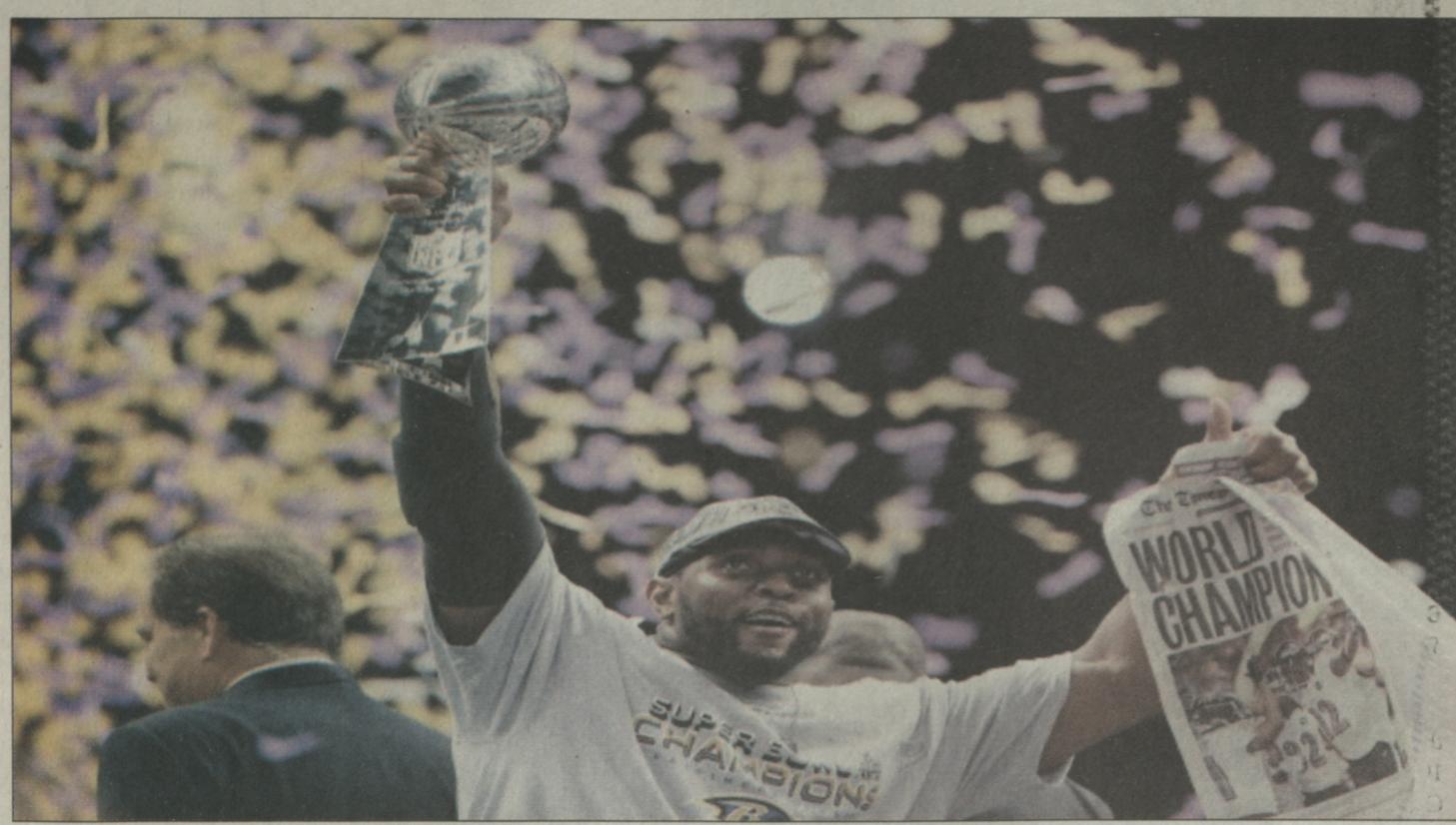


Photo courtesy of TIME
Ravens linebacker Ray Lewis holds the Lombardi trophy into the air in celebration of his team's 2013 Super Bowl victory.

THE BALTIMORE RAVENS SUPERBOWL XLVII CHAMPS



REGULAR SEASON

VS CINCINNATI W44-10	VS DALLAS W33-30	VS INDIANAPOLIS W24-8
VS PHILADELPHIA L24-23	VS PITTSBURGH W13-10	VS SAN DIEGO W13-10
VS NEW ENGLAND W31-20	VS DENVER W38-35	VS DENVER W28-13
VS CLEVELAND W2-16	VS PITTSBURGH L23-20	VS NEW YORK W33-14
VS KANSAS CITY W3-6	VS WASHINGTON L31-18-OT	VS DENVER L34-17
VS DALLAS W31-28	VS NEW YORK W33-14	VS NEW YORK L17-13
VS HOUSTON L34-13	VS CINCINNATI L17-13	VS SAN FRANCISCO W34-31
VS CLEVELAND W26-15		

Graphic by Lindsey Swink

Athlete Spotlight

BY ASHLEY MARTIN
Staff Writer

Two year All-American athlete Nick Kuhl is one of the captains for Salisbury University's rugby team and an Exercise Science major with many future ambitions.

Before playing for the SU rugby team for four years, Kuhl played the sport during his four years of high school.

"I played both football and rugby in high school and was always drawn more to rugby," Kuhl said.

He initially came to SU to play for the football team and decided against it after training camp. He realized that rugby was the sport for him and thought SU football was already a strong enough team to go on without him.

Just a year after becoming a part of the rugby team Kuhl was named backs captain. His experience from playing in high school paid off and earned him a leadership role. Not only was he in charge of leading those in the backs position, he also had to help organize and set up games, practices and fundraisers.

"It was a big responsibility to have on top of having to keep up with school," Kuhl said. "However it's something I wouldn't trade in for the world; it taught me a lot on leadership and organization."

His leadership skills and talents as an athlete are also demonstrated in his role as a student. Exercise science Professor Allison Horsey said Kuhl excelled in her EXSC 300 class. An example being when she gave the class a project where they had to create an exercise facility from start to finish.

"He was able to use his athleticism and his love for sport to create an awesome facility that really impressed me," Horsey said. "Nick is very smart, very studious and very social. All are very important, not only in a team setting, but as a student as well."

Kuhl admitted that being named captain of the SU team was a lot different than when he was captain of his high school team.

"It's tougher leading men in such a high competition team," he said. "Especially when I was just a sophomore leading those older than me."

Despite the challenges, teammates still believe Kuhl is a successful captain of the team. Senior and flanker Leland Thomas said Kuhl is a talented player who leads by example on both offense and defense. He said Kuhl's speed, agility and overall great attitude is a great asset to the team.



Photo courtesy of Nick Capobiano
Nick Kuhl (second from the right) and other teammates hold the shark mascot after a challenging win.

Nick Kuhl

"Coach Creese really helped me grow and prosper as like a driving kick down the field to get us out of a tight jam or a long run to give us momentum to weave out of defense," Thomas said. "Times like those are when he expressed good leadership and teamwork."

Coach Bill Creese said Kuhl is a smart rugby player who makes the right choices most of the time. Coach Creese recalled the time they were significantly down in points in the National Championship last year and Kuhl still played his hardest and wouldn't allow his team-mates to quit.

"He played as hard as he did all game, even when the game was out of reach," Creese said. "He has too much pride in himself and in Salisbury rugby to lie down; he kept on playing and I was proud of that."

Coach Creese coached Kuhl since the 2009 fall season and watched him grow over three years from the reserved new captain his sophomore year to a vocal and strong leader of the team. He said both he and the team were very proud to see Kuhl win All-American twice.

"After paying all the dues, and travels and just the time everything took," he said. "This award was me paying them back."

Kuhl hopes to come away with a National Championship win this spring, to maybe play for a Division one club team after graduation, and move on to medical school.

THE FLYER

SPORTS

SU Baseball springs into 2013 season



Photo courtesy of TIME
Salisbury University's baseball team hopes to increase its list of accomplishments and awards this season starting at their season opener on Feb. 11.

BY ALEX YOUNG
Sports Editor

From making 18 appearances in the NCAA Tournament to winning 10 Capital Athletic Conference Championships, the Salisbury University Baseball team has made a huge mark in Salisbury Athletics and in their conference play.

On Jan. 23, 2013 SU Baseball was ranked No. 9 in the D3base-

ball.com top 25 preseas poll. The Sea Gulls earned 386 points in the poll to finish ahead of 10th-ranked Webster University who had 361.

College World Series runner up Wheaton College was chosen to top the poll with 594 points and eight of 25 first-place votes.

The Gulls are lead by Head Coach Doug Fleetwood who is entering his Year nine times, including

from 2001-04 and 2006-09. He is

406-129-6 (.756) overall and 125-34-

tournaments, including winning three NCAA South Regional titles with three trips to the NCAA Division III World Series.

In addition, Fleetwood has guided his teams to eight CAC championships and recorded at least 30 wins in 11 of his 12 seasons. Fleetwood has been named CAC Coach of the Year nine times, including

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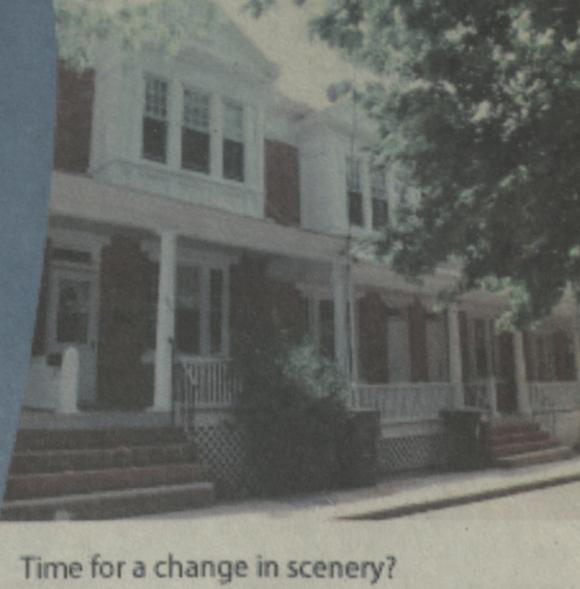
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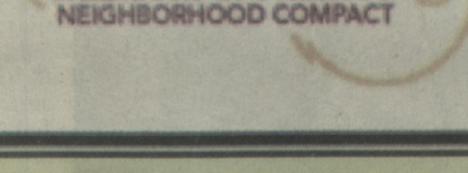
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